

2013

SAFETY: 101 Critical Days of Summer



Safety Administrator

Office of Building and Mechanical Services

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Welcome to the Office of Building and Mechanical Services' 2013 Summer Safety Campaign, otherwise known as the 101 Critical Days of Summer. Most of you know that the 101 Critical Days of Summer is that time of year from the beginning of the Memorial Day Weekend to the end of the Labor Day Weekend.

Safety statistics have shown that this period has traditionally been a period of increased mishaps, especially those occurring in off-duty activities. The leading cause of fatal mishaps during this period has been in off-duty private motor vehicle mishaps; the second highest number of fatalities has involved water sports and drowning. Because most of us travel, and many of us participate in water sports, it is important to be aware of the risks and never assume that "It won't happen to me."

This safety booklet contains safety articles gathered from the web relating to summer activities in which you or your friends may participate. The Works Cited section includes the address of the web pages included.

Managers and supervisors are encouraged to include the information provided in this safety booklet in your safety awareness briefings. We know that with your help, this year's 101 Critical Days can be the safest year yet.

Outdoor Food Safety Tips

(htt2)

Whether on vacation or enjoying an outdoor activity such as backpacking or camping, if the food you bring with you is handled improperly, foodborne illness may ruin your trip. Here are some tips for making your next trip safer.

Keep Hot Foods Hot and Cold Foods Cold

- Between 40 F and 140 F is the range in which bacteria can multiply most rapidly -- they can reach dangerous levels in as little as two hours. Cook raw meat and poultry products thoroughly to destroy bacteria.
- If you are traveling with cold foods, bring a cooler with a cold source.
- Since it is difficult to keep foods hot when traveling, cook foods before leaving home, cool them to less than 40 F, and transport them cold. Cooked foods can then be reheated to 165 F.

Keep it Clean

- Because bacteria can easily spread from one food to the next via dripping juices, hands, or utensils, think ahead to avoid cross contamination.
- When transporting raw meat, double wrap packages or place them in plastic bags to prevent juices from dripping on to other foods.
- Also, don't use the same platter and utensils for both raw and cooked meats.

Food Safety while Camping

- Planning meals for a backpacking or camping trip requires more thought and preparation.
- Pack dehydrated canned or chilled foods. Cook food in advance and refrigerate or freeze overnight.
- Pack with frozen gel-packs or use boxed drinks as a cold source.
- If packing frozen meats for cooking, bring a meat thermometer to test for doneness.
- When possible, bring bottled water for drinking. If you must drink water from a stream or other untreated source, it must be purified no matter how clean it appears.
- Boiling is a simple method to destroy most harmful organisms.

A Few Rules to Remember . . .

- Pack safely. Use a cooler or pack foods in a frozen state with a cold source.
- Carry disposable wipes or biodegradable soap for hand and dish washing.
- Discard all perishable foods if there is no longer ice in the cooler or the gel-packs are no longer frozen.

Eating Outdoors, Handling Food Safely

(htt3)



FOODFACTS



- Pack and Transport Food Safely
- Quick Tips for Picnic Site Prep
- Follow Safe Grilling Tips
- Serving Picnic Food: Keep it Cold/Hot

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Quick Tips for Picnic Site Prep

Food safety begins with proper hand cleaning — including outdoor settings. Before you begin setting out your picnic feast, make sure hands **and** surfaces are clean.

- **Outdoor Hand Cleaning:** If you don't have access to running water, simply use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- **Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

Pack and Transport Food Safely



*Keep your food safe: from the refrigerator/freezer . . .
all the way to the picnic table.*

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at **40°F or below** to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the *beverage* cooler to replenish their drinks, the *perishable foods* won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed.** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse **fresh fruits and vegetables** under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten. Rub **firm-skinned fruits and vegetables** under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. — Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your **grilled food** reaches the table **safely**.

- **Marinate safely.** Marinate foods in the refrigerator - *never* on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, *reserve a portion separately* before adding the raw meat, poultry, or seafood. **Don't reuse marinade.**
- **Cook immediately after "partial cooking."** If you partially cook food to reduce grilling time, do so *immediately before* the food goes on the hot grill.
- **Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.
- **Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Serving Picnic Food: Keep it COLD / HOT



Keeping food at proper temperatures - indoor and out - is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "**Danger Zone**" - between **40° F and 140° F** - for more than 2 hours, or 1 hour if outdoor temperatures are above 90° F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness. Instead, follow these simple rules for keeping **cold foods cold** and **hot foods hot**.

COLD FOOD

Cold perishable food should be kept in the cooler at **40° F** or below until serving time.

- Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it does - discard it.
- Foods like chicken salad and desserts in individual serving dishes can be placed **directly on ice**, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

HOT FOOD

Hot food should be kept hot, at or above **140° F**.

- Wrap it well and place it in an **insulated container** until serving.
- Just as with cold food - these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90° F. If food is left out longer, throw it away to be safe.

Platter Warning: Prevent "Cross-Contamination" When Serving

Never reuse a plate or utensils that previously held **raw meat, poultry, or seafood** for serving — unless they've been washed first in hot, soapy water. Otherwise, you can **spread bacteria** from the raw juices to your cooked or ready-to-eat food.

This is particularly important to remember when serving cooked foods from the grill.

Charcoal Grill Safety Tips

(htt4)

Although a charcoal grill may not be as potentially explosive as a gas grill, charcoal does produce carbon monoxide (CO) when burned. For this reason never bring your charcoal grill or hibachi into an enclosed area such as your home, vehicle, tents or campers, even with ventilation. Also beware of storing a charcoal grill indoors until the charcoal is completely extinguished, as it will continue to produce CO fumes until then.



You can see the above warnings on the label of your bag of charcoal. Even so, each year about 30 people die and 100 are injured as a result of carbon monoxide fumes generated by burning charcoal.

To make sure your next barbecue doesn't go up in flames, the Home Safety Council recommends the following safety tips:

- Designate the grilling area a "No Play Zone" keeping kids and pets well away until grill equipment is completely cool.
- Before using, position your grill at least 3 feet away from other objects, including the house and any shrubs or bushes.
- Charcoal should be left in the grill until cold to the touch or thoroughly soaked in water before disposal.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Do not wear loose clothing while cooking.
- Never bring a barbecue grill indoors, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard



Propane Gas Grill and Range Safety Tips

(htt5)

Propane Grill Do's:

- Always use the grill **outdoors** in a well-ventilated area. **Do not bring propane cylinders indoors or into an enclosed space** such as a garage or basement.
- Always follow all of the manufacturer's instructions and keep written materials and manuals in a safe, accessible place.
- Make sure the grill burner controls are turned off. Keep the cylinder valve closed when not in use.
- Make sure the gas grill is shut off and cooled off before covering your grill after use.
- Always use or store cylinders in an upright, vertical position. Store them **outdoors** away from sources of ignition.
- When you have your cylinder refilled, have your supplier check for dents, damage, rust or leaks.
- After filling, take your cylinder home immediately. Keep your vehicle ventilated with the cylinder valve closed and plugged or capped. **Do not** leave the cylinder in your car.
- When your grill is not in use, cover disconnected hose-end fittings and burner air intakes with small plastic bags, or obtain protective fitting caps from your propane supplier to keep out dirt, insects and moisture.
- Before lighting your propane gas grill burner, use a leak-detection solution to check all connections for tightness. Contact your local propane gas supplier to obtain the leak-detection solution and instructions on how to use it.
- **Never use matches or lighters to check for leaks.**
- If there is a significant and uncontrollable release of gas or a fire, **call the fire department immediately and move all people and pets away from the unit.**



Propane Grill Don'ts:

- **Do not smoke** while handling the propane cylinder.
- **Do not leave the cylinder in your vehicle.**
- **Do not use matches or lighters to check for leaks.**
- Do not allow children to tamper or play with the cylinder or grill.
- Do not use, store or transport your cylinder where it would be exposed to high temperatures. (This includes storing spare cylinders under or near the grill.)

Propane Gas Range Do's:

- Follow the manufacturer's installation and operating instructions.
- Have your unit serviced if the burner flame is not blue. The blue flame indicates complete combustion. A yellow flame means air inlets are clogged or burners need to be adjusted.
- Keep pot handles turned inward.
- Schedule regular preventive maintenance checks for your appliances.
- Keep the range surface clean.

Propane Gas Range Don'ts:

- Do **not** cover the oven bottom with foil - it can restrict air circulation.
- **Never** use gas ranges for space heating.
- **Never** allow children to turn the burner control knobs on your propane gas range.
- Do not leave food simmering unattended.
- Keep flammable materials away from burner flames.

For more safety information, read the [latest CPSC fact sheet on safe grilling](#). Also, the Hearth, Patio and Barbeque Association's Web [page on grill safety](#) and trivia provides safety information about all types of grills.

You can also download the [latest grill safety booklet](#) from the Propane Education & Research Council (PERC). (*Adobe PDF*)

Users of small propane tanks can download [this safety pamphlet](#) from PERC. This booklet describes the care and maintenance of small propane tanks, especially those used for outdoor grills.

Campfire Safety

(http6)

How to Pick Your Spot

Follow these steps when picking your burning site to promote wildfire safety:

- DO NOT build a fire at a site in hazardous, dry conditions. DO NOT build a fire if the campground, area, or event rules prohibit campfires.
- FIND OUT if the campground has an existing fire ring or fire pit.
- If there is not an existing fire pit, and pits are allowed, look for a site that is at least fifteen feet away from tent walls, shrubs, trees or other flammable objects. Also beware of low-hanging branches overhead.



Note: in some areas digging pits are not allowed because of archaeological or other concerns. Find out the rules in your area please.

Dig A Pit :Whether building a campfire pit yourself, or preparing a pit that you found on your campsite, there are some safety tips you should follow.

Building Your Campfire Pit from Scratch



Some campsites have unsuitable pits or may not offer pre-made pits at all. If this is the case:

Choose a spot that's downwind protected from wind gusts, and at least 15 feet from your tent and gear.

Clear a 10-foot diameter area around the site.

Remove any grass, twigs, leaves and firewood. Also make sure there aren't any tree limbs or flammable objects hanging overhead.

Dig a pit in the dirt, about a foot deep.

Circle the pit with rocks.

Your campfire pit is built and ready for preparation!

Preparing Your Campfire Pit:

Before you start your campfire, you need to prepare your pit.

1. Fill the pit with small pieces of dry wood; never rip or cut branches from living trees.
2. Place your unused firewood upwind and away from the fire.
3. Keep a bucket of water and a shovel nearby.

How to Build a Campfire: Now that you have prepared your pit, it's time to build your campfire. Follow these steps to have a safe and fun time.

1. **Gather three types of wood**
 - **Tinder** (small twigs, dry leaves or grass, dry needles)
 - **Kindling** (sticks smaller than 1" around)
 - **Fuel** (larger pieces of wood)
2. **Loosely pile a few handfuls of tinder in the center of the fire ring/pit**
3. **Add kindling in one of these methods:**
 - **Tipi** (Good for cooking)
Lay the kindling over the tinder like you're building a tent.
 - **Cross** (Perfect for a long-lasting campfire)
Crisscross the kindling over the tinder.
 - **Lean-to** (Good for cooking)
Drive a long piece of kindling into the ground at an angle over the tinder. Lean smaller pieces of kindling against the longer piece.
 - **Log Cabin** (Longest lasting campfire)
Surround your pile of tinder with kindling, stacking pieces at right angles. Top the "cabin" with the smallest kindling.
4. **Ignite the tinder with a match or lighter**
5. **Wait until the match is cold, and discard it in the fire**
6. **Add more tinder as the fire grows**
7. **Blow lightly at the base of the fire**
8. **Add kindling and firewood to keep the fire going**
9. **Keep the fire small and under control**

How to Put Out the Campfire: A roaring fire is both a success, and a responsibility. It is your job to properly maintain and extinguish your campfire so that future campers can do the same.

Maintaining Your Campfire

As you're enjoying your campfire, remember these safety tips:

1. Once you have a strong fire going, add larger pieces of dry wood to keep it burning steadily
2. Keep your fire to a manageable size
3. Make sure children and pets are supervised when near the fire
4. Never leave your campfire unattended
5. Never cut live trees or branches from live trees

Extinguishing Your Campfire

When you're ready to put out your fire and call it a night, follow these guidelines:

1. Allow the wood to burn completely to ash, if possible
2. Pour lots of water on the fire, drown ALL embers, not just the red ones
3. Pour until hissing sound stops
4. Stir the campfire ashes and embers with a shovel
5. Scrape the sticks and logs to remove any embers
6. Stir and make sure everything is wet and they are cold to the touch
7. If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool. Remember: do NOT bury the fire as the fire will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.

REMEMBER: If it's too hot to touch, it's too hot to leave!

Don't burn dangerous things!

- Never burn aerosol cans or pressurized containers. They may explode.
- Never put glass in the fire pit. Glass does not melt away, it only heats up and shatters. Broken slivers of glass are dangerous.
- Aluminum cans do not burn. In fact, the aluminum only breaks down into smaller pieces. Inhaling aluminum dust can be harmful to your lungs.

Pack it in, Pack it out.

- Be sure to pack out your trash. It is your responsibility to pack out everything that you packed in



Camping Safety Tips

(htt7)

Whether you're roughing it in a tent or planning a family outing to a state or national park, there are many ways to make sure your experience is fun and safe. Consider the following safety tips: emergency preparedness first aid

- Pack a first aid kit. Your kit can prove invaluable if you or a member of your group suffers a cut, bee sting or allergic reaction. Pack antiseptics for cuts and scrapes, tweezers, insect repellent, bug spray, a snake bite kit, pain relievers, and sunscreen.
- Bring emergency supplies. In addition to a first aid kit, this includes: a map, compass, flashlight, knife, waterproof fire starter, personal shelter, whistle, warm clothing, high energy food, water, and insect protection.
- Learn the ABC's of treating emergencies. Recognizing serious injuries will enable you to attend to a victim until medical help arrives. safety tips
- Before you leave, find out the weather report. When you arrive at the site, watch the skies for changes and carry a compact weather radio. In inclement weather, find shelter until the worse passes. Stay dry - wet clothes contribute to heat loss. Also, keep sleeping bags and important gear, dry at all times.
- Arrive early. Plan your trip so that you arrive at your actual campsite with enough daylight to check over the entire site and to set-up camp.
- Check for potential hazards. Be sure to check the site thoroughly for glass, sharp objects, branches, large ant beds, poison ivy, bees, and hazardous terrain.



- Avoid areas of natural hazards. Check the contour of the land and look for potential trouble due to rain. Areas that could flood or become extremely muddy can pose a problem. Inspect the site. Look for a level site with enough room to spread out all your gear. Also, a site that has trees or shrubs on the side of prevailing winds will help block strong, unexpected gusts.
- Build fires in a safe area. Your open fires and fuel-burning appliances must be far enough away from the tent to prevent ignition from sparks, flames, and heat. Never use a flame or any other heating device inside a tent. Use a flashlight or battery-powered light instead.
- Make sure your fires are always attended. Be sure you have an area for a fire that cannot spread laterally or vertically - a grill or stone surface is ideal. When putting the fire out, drown it with water, making sure all embers, coals and sticks are wet. Embers buried deep within the pile have a tendency to re-unite later.
- Pitch your tent in a safe spot. Make sure your tent is made of a flame-retardant fabric, and set up far enough away from the campfire. Keep insects out of your tent by closing the entrance quickly when entering or leaving.
- Dispose of trash properly. Remember to recycle - use the proper recycling bins if available.
- Be cautious when using a propane stove. Read the instructions that come with the stove and propane cylinder. Use the stove as a cooking appliance only - never leave it unattended while it's burning.
- Watch out for bugs. Hornets, bees, wasps, and yellow jackets are a problem at many campsites. Avoid attracting stinging insects by wearing light-colored clothing and avoiding perfumes or colognes. Should such an insect approach, do not wave wildly and swat blindly - instead use a gentle pushing or brushing motion to deter them.
- Beware when encountering wildlife. To ward off bears, keep your campsite clean, and do not leave food, garbage, coolers, cooking equipment or utensils out in the open. Remember that bears are potentially dangerous and unpredictable - never feed or approach a bear. Use a flashlight at night - many animals feed at night and the use of a flashlight may warn them away.
- Beware of poisonous plants. Familiarize yourself with any dangerous plants that are common to the area. If you come into contact with a poisonous plant, immediately rinse the affected area with water and apply a soothing lotion such as calamine to the affected area.
- Practice good hygiene. Make sure you wash your hands, particularly after using the toilet and before handling food, to prevent everyone in your group becoming ill.

Swimming Safety

(htt8)

Drowning is a leading cause of home injury deaths – especially for children. Many children drown in pools and spas. It can happen very fast and you won't hear it. To prevent a tragedy, the Home Safety Council offers the following tips

- If you have a pool or spa, install a fence that goes all the way around it. The fence should close and latch by itself. It should be least five feet high.
- Always keep gates closed and latched. Never prop a gate open.
- When children are in or near the water, a grownup should watch them very carefully. Do not take your eyes off them.
- If you have a pool party, have grownups take turns watching the children at all times.
- Enroll non-swimmers in swimming lessons taught by a qualified instructor.
- Never swim alone. Even adults should swim with a buddy.
- Learn how you would save someone in trouble. Learn First Aid and CPR. Make sure that anyone who cares for your children learns CPR.
- Keep poolside rescue equipment and a cordless, water resistant telephone close to the pool area.
- Post emergency numbers and CPR instructions near the pool area.
- The pump in a pool or spa creates powerful suction at the drain which can trap a swimmer under water. Teach children to stay away from drains, grates and filters.
- Tie up long hair before swimming. Pool drains should have a cover. For added protection, consider purchasing a safety guard to install over the drain.
- Never leave toys in or around the pool when you are not there.
- Teach children the “rules of the pool.” Remind them often.
- Keep spas and hot tubs covered and locked when not in use.
- Completely remove pool and spa covers before anyone gets in.
- Stay out of the pool during severe weather and thunderstorms, especially if lightning is forecast or present.
- If a child is missing, check the pool area first

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Pool Safety

(htt9)

Pools and spas can be lots of fun. But they can also be very dangerous, especially to children. The Home Safety Council encourages families to follow the safety steps below to avoid injuries in and around pools and spas

- When children are in or near the water, a grownup should watch them very carefully. Do not take your eyes off them. Older children should not be left in charge of younger children in the pool area.
- If you have a pool or spa, install a fence that goes all the way around it. The fence should close and latch by itself. It should be least five feet high.
- Always keep gates closed and latched. Never prop a gate open.
- Do not leave furniture near the fence that would enable a child to climb over it.
- Keep the pool area clear of things you could trip on.
- Keep a cordless, water resistant telephone with emergency numbers posted in the pool area.
- Keep poolside rescue equipment close by. Equipment should include a rescue pole measuring at least 10-12 feet and a ring buoy with line. Do not allow children to play with these tools.
- Keep a life vest approved by the U.S. Coast Guard on hand. Anyone who is not a good swimmer should wear a vest.
- Use plastic instead of glassware in the pool area.
- For extra safety, use a pool alarm to alert you if someone falls into the pool. Recent studies show that sub surface pool alarms are most effective. These alarms are not substitutes for adult supervision of children.
- Keep spas and hot tubs covered and locked when not in use.
- Remove excess water from pool and spa covers.
- Completely remove pool and spa covers before anyone gets in.
- Chlorine-based pool care products can explode and catch on fire. Always follow manufacturer's instructions when using pool chemicals and store chemicals in a dry place away from heat sources.
- Lock all pool chemicals in a secure cabinet out of children's reach.

Boating and Water Safety

(htt10)

Tips for a Safer Boating Experience, always remember to follow safe boating procedures when you're out on the water.

Water Skiing

- To make your water skiing fun, safe, sensible and successful, practice these safe driving tips:
- Check steering and throttle controls for proper operation before towing skier.
- On take-offs, never accelerate until a definite signal is given by skier.
- When under way, keep attention ahead. The observer is to watch the skier.
- Never follow other boats. Always look before turning. Avoid shallow water.
- Promote safety by staying away from other boats, swimmers, fishermen and solid objects.
- Return to fallen skier immediately. Slow to idle as you approach skier, moving in on the driver's side.
- Shut off engine while skier climbs into or out of boat. Discourage skiers from boarding over transom.
- High speed landings cause injuries. When skiing into shore, reduce speed and parallel the landing area at a safe distance.
- Do not tow non-swimmers or weak swimmers unless they wear an approved and appropriate flotation device.



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Person Overboard

- If someone falls overboard, follow these procedures:
- Toss a life-saving device even if the person can swim. A life ring is the preferred device. It can be thrown farther and is easier to hang on to. However, use whatever device is nearest. Time is essential.
- Slow the boat, keeping the person in view. Other persons onboard should act as look outs. At night, direct the best possible lights on the victim.
- Try to approach the person from downwind or into the waves. Always use common sense and good judgment. Consider existing condition and ability of the victim and what other help is available. If someone aboard is capable, have the person put on a life-saving device with a line attached to the boat and enter the water to assist the person.
- Always stop the motor when someone is going over the side, or coming aboard.
- Assist the person in boarding the boat. It is difficult to climb into a boat from the water. The person may be hurt or cold and may require help.

Passengers

- Wearing a PFD is your only guarantee against drowning.
- Do not overload the boat.
- Avoid horseplay.
- Have Personal Flotation Devices (PFDs) readily available for everyone.
- In small boats, remain seated.
- Trim boat by placing passengers and gear in balance.

Before Leaving...

- Tell someone where you are going and when you expect to return.
- Check weather forecasts.
- Ventilate bilges before starting engine.
- Be sure your boat is basically equipped.

While Underway...

- Know and obey the rules of the road.
- Post a lookout for bathers, fishermen, swimmers, debris.
- Reduce speed in harbors and in confined areas. Avoid excessive speed.
- Make no sharp turns at high speed.
- Watch your wake! You could be responsible for injury or damage caused by it.
- In rough water, stay low in the boat and cross waves at a slight angle.
- Keep red-buoys on your right when traveling upstream.
- Tying up to buoys or anchoring in channels is forbidden.
- Carry sufficient tools for minor repairs.

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Fueling Tips

- Stop smoking and extinguish all fires.
- Close all vents, doors, hatches.
- Ground the nozzle to tank opening.
- Portable tanks should be filled outside of boat.
- Ventilate engine compartment before starting.

Power Line Dangers

- When sailing, especially in unfamiliar waters, keep a close watch for low-hanging power lines. A great danger of electrocution exists if the mast of your vessel contacts the power line or gets close enough for the electricity to arc to your mast.

Watch the Weather

- Observe cloud formation for pending weather changes.
- Play safe and head for shore if the wind increases.

Equipment Requirements ([htt19](#))

Personal Flotation Devices

- The Kentucky Department of Fish and Wildlife Resources strongly recommends that USCG approved PFDs be worn while boating, especially by children and non-swimmers.
- Federal as well as state law requires a Type I, II, or III PFD be carried on all boats for each person onboard a vessel. Boats over 16 feet, except canoes and kayaks, must also carry one Type IV (throwable) PFD.
- Operators and passengers of personal watercraft must wear a PFD at all times.
- Persons under 12 years old must wear a USCG-approved PFD while a boat is under way unless they are in an enclosed cabin.

Fire Extinguishers

- Kentucky law requires that all boats equipped with a petroleum product (gasoline, kerosene, propane, etc.) consuming device (engines, lanterns, stoves, etc.) shall have a hand portable fire extinguisher in serviceable condition and located for immediate use.
- Depending on the length of the vessel, more than one fire extinguisher may be required by law.
- The best fire protection is well-maintained equipment and proper safety habits.

Sun Safety Tips

(http://)

Protecting your skin from the sun's damaging rays is vital for a number of important health reasons. Here are the top ten steps you can take to protect your health:

- When possible, avoid outdoor activities during the hours between 10 AM and 4 PM, when the sun's rays are the strongest.
- Always wear a broad-spectrum (protection against both UVA and UVB) sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- Be sure to reapply sunscreen frequently, especially after swimming, perspiring heavily or drying off with a towel.
- Wear a hat with a 4-inch brim all around because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp.
- Wear clothing to protect as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors provide more protection than light colors by preventing more UV rays from reaching your skin. A tightly woven fabric provides greater protection than loosely woven fabric.
- To protect your eyes from sun damage, wear sunglasses that block 99 to 100-percent of UVA and UVB radiation.
- Consider wearing cosmetics and lip protectors with an SPF of at least 15 to protect your skin year-round.
- Swimmers should remember to regularly reapply sunscreen. UV rays reflect off water and sand, increasing the intensity of UV radiation.
- Some medications, such as antibiotics, can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist for more information about the medications you are taking.
- Children need extra protection from the sun. One or two blistering sunburns before the age of 18 dramatically increases the risk of skin cancer. Encourage children to play in the shade, wear protective clothing and apply sunscreen regularly.

Source: American Cancer Society

UV Outlook Index

The Weather Channel has developed a current and forecast ultraviolet (UV) index to help you prevent overexposure to the sun's rays. The following risk categories are used to identify the levels of skin-damaging UV radiation:

The UV index depends directly on the solar elevation above the horizon. On a daily basis the UV index will be higher around local solar noon (11:00 AM to 1:00 PM) depending on the time zone. Clear sky days in the winter will have lower UV index values than clear sky days in the summer due to the higher solar angles in the summer

0-2	Low
3-5	Moderate
6-7	High
8-10	Very High
10+	Extreme

Heat Safety

(htt12)

Child Safety Tips

- **Check to make sure seating surfaces and equipment (child safety seat and safety belt buckles) aren't too hot** when securing your child in a safety restraint system in a car that has been parked in the heat.
- **Never leave your child** unattended in a vehicle, even with the windows down.
- **Teach children not to play** in, on, or around cars.
- **Always lock car** doors and trunks -- even at home -- and keep keys out of children's reach.
- **Always make sure all child passengers have left the car** when you reach your destination. Don't overlook sleeping infants.

Adult Heat Wave Safety Tips

- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires.** Foods (like proteins) that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other non-alcohol fluids.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids. **Do not drink alcoholic beverages.**
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.
- **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult
- **Do not take salt tablets unless specified by a physician.**



(FAC) DFSS/OBMS/DMS Safety Administrator, 701 Holmes Street, Frankfort, KY 40601

Safety: 101 Critical Days of Summer (2013)

Know These Heat Disorder Symptoms

SUNBURN: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches. First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

HEAT CRAMPS: Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating. First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

HEAT EXHAUSTION: Heavy sweating, weakness, skin cold, pale and clammy. Pulse is thready. Normal temperature is possible. Fainting and vomiting. First Aid: Get victim out of sun. Lie down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Give sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.



HEAT STROKE (or sunstroke): High body temperature (106° F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness. First Aid: **HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL.** Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

Lightning—The Underrated Killer

(htt13)

In the United States, there are an estimated 25 million lightning flashes each year. During the past 30 years, lightning killed an average of 58 people per year. This is higher than 57 deaths per year caused by tornadoes and average 48 deaths to hurricanes. Yet because lightning usually claims only one or two victims at a time and does not cause mass destruction of property, it is underrated as a risk. While documented lightning injuries in the United States average about 300 per year, undocumented injuries are likely much higher.

Watch for Developing Thunderstorms: Thunderstorms are most likely to develop on spring or summer days but can occur year round. As the sun heats the air, pockets of warmer air start to rise and cumulus clouds form. Continued heating can cause these clouds to grow vertically into towering cumulus clouds, often the first sign of a developing thunderstorm.

When to Seek Safe Shelter: Lightning can strike as far as 10 miles from the area where it is raining. That's about the distance you can hear thunder. **If you can hear thunder, you are within striking distance. Seek safe shelter immediately.**

Outdoor Activities: Minimize the risk of being struck. Most lightning deaths and injuries occur in the summer. Where organized outdoor sports activities take place, coaches, camp counselors and other adults must stop activities at the first roar of thunder to ensure everyone has time to get to a large building or enclosed vehicle. Leaders of outdoors events should have a written plan that all staff are aware of and enforce.

Indoor Activities: Inside buildings, stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity. Stay away from pools (indoor or outdoor), tubs, showers and other plumbing. Buy surge suppressors for key equipment. Install ground fault protectors on circuits near water or outdoors. When inside, wait 30 minutes after the last clap of thunder, before going outside again.

Helping a Lightning Strike Victim: Lightning victims do not carry an electrical charge. They are safe to touch, and need urgent medical attention. Cardiac arrest is the immediate cause of death for those who die. Some deaths can be prevented if the victim receives the proper first aid immediately.

- Call 9-1-1 immediately and perform CPR if the person is unresponsive or not breathing.
- Use an Automatic External Defibrillator if one is available.

Summary: Lightning is dangerous. With common sense, you can greatly increase your safety and the safety of those you are with. At the first clap of thunder, go to a large building or fully enclosed vehicle and wait 30 minutes after the last clap of thunder before you to go back outside.

When Thunder Roars, Go Indoors

Flash Floods

(htt14)

If a flash flood warning has been issued for your area, act immediately! You may only have seconds before flood waters appear. Read though the list of flood safety rules below. If you follow them during a flood warning, you will keep yourself out of danger.

- If you are outdoors and a flash flood is likely, get to higher ground immediately!
- Get out of places that are likely to flood, like canyons, ditches, and dry stream beds.
- Avoid already flooded areas. Never attempt to cross running flood water.
- If you're in a car during a flood, never drive through flooded roadways! Turn around and go another way.
- If you car stalls, leave it immediately and get to higher ground.
- Be especially careful at night when it's harder to see flood dangers.

Nearly half of all flash flood deaths are auto related, so never drive or let anyone drive through flood waters! Roads could be washed out under the running water. And if your car stalls in just two feet of moving water, the water will have enough force to lift up your car and carry it away!



(htt15)



Tornado Safety

(htt16)

Statistics

During 2000, in the state of Kentucky, there were a total of 28 tornadoes with no deaths and 47 injuries with damage costs over \$122 million. Kentucky ranks number 31 for the frequency of tornadoes, number 12 for fatalities, number 10 for injuries per area and number 24 for costs per area, based on data from 1950 to 1995. Most tornadoes occur during the months of April, May and June. Records show there have been one or more tornadoes in every county of Kentucky since the mid 1950's. Kentuckians have every reason to take full precautions to protect against severe storms all year round.

Tornado Facts

Tornadoes can form any time of the day or night, but are most likely to occur between 3:00 and 9:00 p.m. The typical tornado moves from southwest to northeast, following its parent thunderstorm. Tornadoes can move in any direction and can change directions at any time. Tornadoes rarely move in straight lines. They usually weave back and forth, traveling over any terrain. The typical tornado is on the ground for less than 10 minutes. However, the tornado may touch down for a time then lift again into the storm system. It can, sometimes, move along the ground for an hour or longer. One important misconception is that it must rain, hail or both before there can be a tornado. Not true! Rain or hail can fall in one area of a storm system while tornadoes may form somewhere else entirely different.

Safety Tips

Stay away from windows, doors and outside walls during a tornado. The safest place to be is underground, such as a basement, or as low to the ground as possible. If you do not have a basement, consider an interior hallway or bathroom on the lowest floor. Putting as many walls as you can between you and the outside will provide additional protection. Always protect your head and chest and get under something sturdy. If you are in a mobile home or vehicle, leave and go to a substantial structure. If there is no shelter nearby, lie flat in the nearest ditch, ravine or culvert with your hands shielding your head. Never try to outrun a tornado in your car.

Tornado Preparedness Measures

A Tornado Watch means severe thunderstorms and tornadoes are possible in and near the watch area. It does not mean that they will occur. It only means they are possible. Keep a watch on the sky for threatening weather and stay tuned to radio and television for weather bulletins. Keep a battery powered radio and extra batteries close at hand. A special NOAA Weather Radio (162.475 MHz in Louisville) gives continuous broadcasts of the latest weather information directly from the National Weather Service office in Louisville. Some are equipped with a specially designated warning receiver, which sounds an alarm when watches and warnings are issued.

A Tornado Warning means a tornado has been spotted or detected by radar. When a tornado warning is issued, seek safe shelter immediately.

Emergency Supplies

Emergency supplies needed for home and car:

- * Battery Powered Radio or TV with Extra Batteries
- * Flashlight with Spare Batteries
- * Bottled Water
- * Non-Perishable High Energy Foods
- * Combination Can/Bottle Opener
- * Knife
- * Eating Utensils
- * Paper Towels
- * Warm Clothing
- * Blankets or Sleeping Bag
- * Matches
- * Candles
- * First-Aid Kit and First-Aid Manual

In your car you also need:

- * A Short, Strong Shovel for Digging
- * Traction Mats or Tire Chains
- * Jumper Cables
- * A Few Basic Hand Tools



LEX 18 has developed **DUCK** to help you remember what to do and where to go. ([htt18](http://18))

D stands for **Downstairs**. You'll want to get to the lowest level that you can where you reside. This means a basement if you have one, if not, the ground/first floor.

U represents **Under**. You'll want to get under something sturdy, such as a workbench, heavy table, or staircase to protect you from flying debris. Flying debris from tornadoes causes most injuries and fatalities.

C is for **Center**. You'll want to go to the center part of where you live. Put as many walls as you can between you and the outside. A closet, hallway or bathroom located in the middle of the house are all good spots.

K stands for **Keep Away**: Keep away from doors and windows, which can be sources of flying glass.

First Aid Kits

(Anatomy of a First Aid Kit, 2013)

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies:

- Keep a first aid kit in your home and in your car.
- Carry a first aid kit with you or know where you can find one.
- Find out the location of first aid kits where you work.

First aid kits come in many shapes and sizes. You can purchase one from the [Red Cross Store](#) or your local American Red Cross chapter. Your local drug store may sell them. You can also make your own. Some kits are designed for specific activities, such as hiking, camping or boating.

Whether you buy a first aid kit or put one together, make sure it has all the items you may need:

- Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
- Check the kit regularly.
- Make sure the flashlight batteries work.
- Check expiration dates and replace any used or out-of-date contents.



Be Red Cross Ready

[Get a Kit](#)

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

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Driving Safely on Vacation

(htt20)

A driving vacation can be a lot of fun, but don't leave safety and common sense behind. Here are the basics for a safe vacation.

Before You Go

- Check your car or have it serviced before any long trip (battery, tires, belts and fluids).
- Have a qualified technician check the air conditioner.
- Check your oil. If you will be towing a trailer or boat, or driving in the desert, switch to a motor oil with higher viscosity.
- Pack an emergency kit that includes water, jumper cables, flares, a flashlight, equipment to change a tire, and a first aid kit.
- Fill up your gas tank at night or early in the morning to minimize damage to the ozone layer.
- Make sure your child safety seats and booster seats are properly installed.

On the Road

- Require all occupants to buckle up, with children in the back seat.
- Obey speed limits and all roadway signs.
- Drive calmly and avoid entanglements with aggressive drivers.
- Pack non-perishable snacks and plenty of juice and water (individual water bottles for each family member helps you monitor intake to avoid dehydration).
- Take frequent breaks - at least every two hours - and avoid driving when tired.
- Be especially careful around railroad crossings.
- Avoid driving in the "No Zone" around trucks. If you cannot see the truck driver in the truck's mirror, the truck driver cannot see you.
- Slow down in work zones, obey all signs and flaggers and pay attention to the vehicle in front of you (most work zone crashes are rear-end collisions due to an inattentive driver).

Touring Your Destination

- Never leave children alone in a car. Do not leave children or pets in a car with the windows rolled up even for a few minutes.
- A sunshade can help keep the car from becoming dangerously hot.
- Cover up seat belts and child safety seats with a towel or blanket while the car is parked (on a hot day, the plastic and metal parts can get hot enough to burn).
- Review safe pedestrian practices with children.
- Taking or renting bikes? Be sure to pack your bike helmets.
- Have a planned meeting site in case someone gets lost.
- Above all - take it easy! Vacations should be enjoyable. If you are tense you are more likely to speed and drive aggressively. If you are tired, you are more likely to make driving errors or fall asleep at the wheel. *By: NHTSA*

Share the Road with Motorcycles

(htt21)

Motorcycles are vehicles with the same rights and privileges as any vehicle on the roadway.

Allow the motorcyclist a full lane width. The motorcycle needs the room to maneuver safely.

Approximately one-half of all motorcycle crashes involve another motor vehicle.

Nearly 40% were caused by the other vehicle turning left in front of the motorcyclist.

Motorcycles are small and may be difficult to see. They have a smaller profile than many vehicles, which can make it more difficult to judge the speed and distance of an approaching motorcyclist.

Always signal your intentions before changing lanes or merging with traffic. This allows the motorcyclist to anticipate traffic flow and find a safe lane position.

Remember that motorcyclists are often hidden in a vehicle's blind spot or missed in a quick look due to their smaller size. Always check mirrors and blind spots before entering or leaving a lane of traffic and at intersections.

Don't be fooled by a flashing turn signal on a motorcycle—their turn signals usually are not self-cancelling.

Wait to be sure the motorcycle is going to turn before you proceed.

Road conditions that are minor annoyances to you pose major hazards to motorcyclists. Motorcyclists may change their speed or adjust their position within a lane suddenly in reaction to road and traffic conditions such as potholes, gravel, wet or slippery surfaces, pavement seams, railroad crossings, and grooved pavement.

Allow more following distance, three or four seconds, when following a motorcycle so the motorcyclist has enough time to maneuver or stop in an emergency. In dry conditions, motorcycles can stop more quickly than cars.



Motorcycle Safety

(htt21)

Motorcycles can be exciting, yet possibly dangerous. According to the National Highway Traffic Safety Administration (NHTSA), per vehicle mile traveled, motorcyclists are about 37 times as likely as passenger car occupants to die in a motor vehicle crash and eight times more likely to be injured. Remember, safe motorcycling takes balance, coordination, and good judgment.

Tips for Motorcyclists

- Always wear a U.S. Department of Transportation (DOT) compliant helmet. Look for the DOT symbol on the outside back of the helmet.
- To be easily seen by other drivers, turn headlights on, even in daylight hours.
- Handlebars should be set no more than 15 inches above the seat level for maximum control and comfort.
- Stay off the interstate unless your motorcycle is capable of cruising at interstate speed. The engine size should be 250 cc or larger.
- The best lane position for seeing and being seen is generally on the left third of the right lane.
- When traveling with motorcyclists in small groups, ride in a staggered position.
- Your stopping distance may be increased if you have a passenger or heavy bundle.
- Obey all traffic laws, ride with the flow of traffic, and leave plenty of room between your bike and other vehicles.
- Take Kentucky's Motorcycle Rider Education Course. For information call **1-800-396-3234** or visit www.kytc.ky.gov/drlic/motorcycle/kmrep.htm



Kentucky's Motorcycle Helmet Law

Kentucky first enacted a motorcycle helmet law for all riders in 1968. This law was amended in July 1998 to require helmet use only by:

Motorcycle operators and passengers under the age of 21;

Motorcycle operators who possess a motorcycle instruction permit;

Motorcycle operators who have had an operator's license for less than one year.



Golf Safety Tips

(htt22)

Golf is a very safe sport - as long as a few basic, common-sense rules of safety are followed. When those rules are ignored, injuries can occur. Golf involves the swinging of hard clubs, which propel hard balls at high speeds. If you're in the way of either the clubs or the balls, you're in danger. You could be placing yourself in danger, too, if you do not respect the power of the sun, the danger of lightning, or your body's need for the right kind of fluids on warm days. Here are some guidelines that can help ensure your safety and that of those around you on the golf course:

Keep Track of Those Around You

- When a golf club is in your hands and you are preparing to swing, it is your responsibility to make sure your playing partners are a safe distance away from you. It's not too difficult, after all, to keep track of where everyone is when your group is likely just four or fewer golfers.
- Never swing a golf club when another golfer is close to you. That's the most important thing to remember. And be a little extra cautious on practice swings, when it's easy for golfers to let their guard down. Extra vigilance is also needed when younger golfers are part of your group.
- Also, look ahead of you, and to the left and right of the area where you are aiming your shot. Don't hit your ball until you are confident that any golfers up ahead are out of your range.

Heads Up

- While it's the responsibility of every golfer to be sure it is safe for them to take their stroke, you can't always rely on every golfer to do just that. So even when it's not your turn to hit, stay aware of your surroundings.
- Be especially careful if you have to venture into an adjoining fairway to retrieve or play an errant shot, or if you are close to an adjoining fairway and golfers on that hole are hitting toward you.
- And always keep a safe distance from golfers in your own group when they are preparing to play a stroke.

Yell Fore, or Cover Up When You Hear It

- Even if you follow the advice above, there will surely come times when you hit your drive farther than you expected, or a hook or slice comes out of nowhere and takes your ball toward an adjoining fairway. Or when you play your stroke believing the fairway ahead is clear ... only to notice players up ahead who had been obscured by a hill or trees.
- You know what to do: Yell "Fore!" as loud as you can. That is the international word of warning in golf. It lets golfers playing near you know that an errant golf ball might be heading their way, and they need to take cover.
- And what should you do when *you* hear "fore!" being yelled in your direction? For goodness sakes, do *not* stand up, crane your neck, and try to spot the ball! You're just making yourself a bigger target.
- Instead, cover up. Crouch behind your golf bag, get behind a tree, hide behind the cart, and cover your head with your arms. Make yourself a smaller target, and protect your head.

Bicycle Safety Tips

(htt23)

Safety in bicycle riding is acquired through use of the appropriate equipment and proper bicycling technique.

Equipment:

- A well maintained and adjusted bicycle, with particular emphasis on adequate brakes and tires.
- Good light and reflectors when traveling at times of darkness. Bright clothing.
- A helmet to protect against head injuries, the most common serious injury suffered by bicyclists.
- A rear view mirror attached to the helmet, glasses, or handlebars is important to permit evasive action without doing it blindly.

Bicycling Techniques:

- Most bicycle riding is done on roads and streets shared with motor vehicles. For your safety and the safety of others, obey the rules of the road as if you were driving a car -- stop at stop signs, red lights, and signals before turning or changing lanes.
- Always ride on the right side of the road. Stay in single file as far to the right as practical. It's both dangerous and illegal to ride on the left side of a two-way highway.
- Be extremely cautious when traveling through intersections. Be aware of traffic around you, and be prepared to brake quickly.



dangerous situation as well as you can and may be inattentive. Besides, a bicycle is required by law to yield to pedestrians.

- Remember, your bicycle is a small, inconspicuous vehicle. It is not easily seen on crowded streets and will seldom attract attention on its own. At all times, do everything you can to make sure you are noticed.

- Avoid traveling along the side of cars when passing through intersections -- they may turn in front of you without warning.
- When riding in a central business district, use extreme caution when passing parked cars, as occupants may not see you when opening doors or pulling out of parking spaces.
- Keep your hands on the handlebars at all times. Riding with no hands does not permit you to stop or to avoid the ever present hazards -- dogs, potholes, broken glass, cars, etc.
- Yield to all pedestrians. They can't foresee a

SAFETY TIPS

On-Street Biking - Share the Road



Obey Traffic Regulations

Bikes must be driven like other vehicles if they are to be taken seriously by motorists. Cyclists are required by law to follow all NYC traffic laws.



Use Hand Signals

Signal all turns and stops ahead of time. Look over your shoulder for any traffic, then make your intended move only when it is safe to do so.



Be Careful at Intersections

Most accidents happen at intersections. Proceed with care. Avoid being in a turn-only lane if you want to go straight through an intersection. In narrow lanes or slow traffic, it may be safer to take the whole lane.



Keep both hands ready to brake

You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.



Turning Left: Two Options

1. VEHICULAR STYLE: Signal your intentions in advance. Move to the left turning lane and complete the turn.
2. PEDESTRIAN STYLE: Ride to the far crosswalk and wait for the light to advance.



Avoid road hazards

Watch out for parallel-slat sewer grates, slippery manhole covers, oily pavement, potholes and construction plates. Cross railroad tracks carefully.



Lock Your Bike

Lock the frame and rear wheel of your bike to a bicycle rack. If you have a quick release, lock the front wheel also. Do not lock your bike to trees.



Make Eye Contact

Confirm that you are seen. Establish eye contact with motorists to insure that they know you are on the road. Look over your shoulder regularly or use a mirror to scan the road behind. Although bicycles have an equal right on the road, be prepared to maneuver for safety.



Keep your bike in good repair

Maintain your bike in good working condition. Check brakes regularly and keep tires properly inflated.



Beware of Car Doors

Be wary of parked cars. Motorists can unexpectedly open doors. Be particularly careful if you see a motorist in the car. Ride in a straight line at least three feet away from parked cars.

Courtesy + Common Sense = Bicycle Safety

Consideration of others along with reasonable judgment help produce a safer, more comfortable environment for bikes.

Tips for Multi-Use Paths



Pedestrian Right-of-Way

Cyclists and in-line skaters must yield to pedestrians. Pedestrians always have the right-of-way.



Signal to Others

Cyclists: sound your bell or call out a warning when approaching others, then pass safely on the left. Skaters: follow travel rules as per bicyclists. Do not perform trick-skating.



Keep to the Right

All path users must keep to the right except when passing or turning left. Pedestrians: move to the right when someone is passing. Move off the path when stopping. Never block the path.



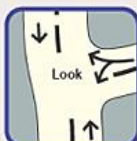
Stay on the Path

Ride only on designated paths to protect parks, natural areas and yourself. Riding off a designated pathway is dangerous and prohibited in NYC parks.



Use Designated Path

Where designated, cyclists and skaters must ride on the specified path. Don't ride on a pedestrian path. Look both ways at crossings. Cyclists: yield to through traffic at intersections; pedestrians have the right of way. Pedestrians: exercise caution.



Be Careful at Crossings

Look both ways. Cyclists: yield to through traffic at intersections; pedestrians have the right of way. Pedestrians: exercise caution. Be aware of stopping limitations of cyclists and skaters.

(htt24)

Fireworks Safety

The fire department recommends that you enjoy professional fireworks shows. They are the safest way for your family to see fireworks.

- If you feel you must buy fireworks, buy only from a reputable local retailer.
- Remember to wear eye protection around lit fireworks.
- Remember that no firework is safe and all can cause serious injury.
- Young people suffer the majority of fireworks injuries, so they should never be allowed to light or hold the fireworks.
- Most people feel that sparklers are safe for children to hold, but sparklers burn at several hundred degrees and cause major burns if touched.
- Never point or throw fireworks at anyone.
- Keep a water hose and bucket of water close by.
- If your clothes happen to catch on fire, remember to stop, drop & roll to extinguish the flames.



Firearms Safety

(htt25)

The fundamental NRA rules for safe gun handling are:



1. ALWAYS keep the gun pointed in a safe direction.

This is the primary rule of gun safety. A safe direction means that the gun is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the muzzle or front end of the barrel is pointed at all times. Common sense dictates the safest direction, depending on different circumstances.



2. ALWAYS keep your finger off the trigger until ready to shoot.

When holding a gun, rest your finger on the trigger guard or along the side of the gun. Until you are actually ready to fire, do not touch the trigger.



3. ALWAYS keep the gun unloaded until ready to use.

Whenever you pick up a gun, immediately engage the safety device if possible, and, if the gun has a magazine, remove it before opening the action and looking into the chamber(s) which should be clear of ammunition. If you do not know how to open the action or inspect the chamber(s), leave the gun alone and get help from someone who does.



When using or storing a gun, always follow these NRA rules:

- **Know your target and what is beyond.**

Be absolutely sure you have identified your target beyond any doubt. Equally important, be aware of the area beyond your target. This means observing your prospective area of fire before you shoot. Never fire in a direction in which there are people or any other potential for mishap. Think first. Shoot second.

- **Know how to use the gun safely.**

Before handling a gun, learn how it operates. Know its basic parts, how to safely open and close the action and remove any ammunition from the gun or magazine. Remember, a gun's mechanical safety device is never foolproof. Nothing can ever replace safe gun handling.



- **Be sure the gun is safe to operate.**

Just like other tools, guns need regular maintenance to remain operable. Regular cleaning and proper storage are a part of the gun's general upkeep. If there is any question concerning a gun's ability to function, a knowledgeable gunsmith should look at it.

- **Use only the correct ammunition for your gun.**

Only BBs, pellets, cartridges or shells designed for a particular gun can be fired safely in that gun. Most guns have the ammunition type stamped on the barrel. Ammunition can be identified by information printed on the box and sometimes stamped on the cartridge. Do not shoot the gun unless you know you have the proper ammunition.

- **Wear eye and ear protection as appropriate.**

Guns are loud and the noise can cause hearing damage. They can also emit debris and hot gas that could cause eye injury. For these reasons, shooting glasses and hearing protectors should be worn by shooters and spectators.

- **Never use alcohol or over-the-counter, prescription or other drugs before or while shooting.**

Alcohol, as well as any other substance likely to impair normal mental or physical bodily functions, must not be used before or while handling or shooting guns.

- **Store guns so they are not accessible to unauthorized persons.**

Many factors must be considered when deciding where and how to store guns. A person's particular situation will be a major part of the consideration. Dozens of gun storage devices, as

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Safety: 101 Critical Days of Summer (2013)

well as locking devices that attach directly to the gun, are available. However, mechanical locking devices, like the mechanical safeties built into guns, can fail and should not be used as a substitute for safe gun handling and the observance of all gun safety rules.

- **Be aware that certain types of guns and many shooting activities require additional safety precautions.**
- **Cleaning:** Regular cleaning is important in order for your gun to operate correctly and safely. Taking proper care of it will also maintain its value and extend its life. Your gun should be cleaned every time that it is used.

A gun brought out of prolonged storage should also be cleaned before shooting. Accumulated moisture and dirt, or solidified grease and oil, can prevent the gun from operating properly.

Before cleaning your gun, **make absolutely sure that it is unloaded.** The gun's action should be open during the cleaning process. Also, be sure that no ammunition is present in the cleaning area.



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